

Be kind *to your voice*

Your voice is unique to you. You probably use it every day for work. But do you give it the TLC it needs to stay healthy and clear?

Attorneys, teachers, sales people, human resources and customer service rely heavily on their voice for work.

Do you have a job where you use your voice often?

You can overuse or misuse your voice by talking in a large meeting room or noisy place by shouting or talking for long periods. You may have a sore throat or hoarseness afterward.

If you need your voice for work, avoid misusing it. If you misuse it, you may lose it!

Before a presentation or meeting, get plenty of rest. Drink water before, during and after your meeting. Use throat lozenges if needed. Use a microphone to help you avoid shouting.

Prepare your voice for long talks or loud meetings.

Source: National Institutes of Health